

## WESTWOODS

Guilford, CT

The Westwoods trail system is the largest recreational area for hiking in Guilford. The first seven miles of the Westwoods trail system was blazed in 1966. Today, Westwoods contains 39 miles of trails on 1,200 acres. The ownership of the land is divided between the Cockaponset State Forest, Guilford Land Conservation Trust (GLCT), Town of Guilford and private ownership. Westwoods is very scenic and contains a wide diversity of interesting natural formations such as: cave structures, waterfalls, salt and fresh water marshes, inland tidal lake, carved rock sculptures and rock formations. Summer hiking requires the use of Mosquito repellent, particularly along the marshy areas. Winter hiking is particularly beautiful in Westwoods.

Many of the trails lead along open ledges and one of these leads (white circle trail) to a good view of Lost Lake. There are remnants of quarrying activity throughout the forest which is recognizable by drill marks on ledge faces when portions of the rock was split away from the surface. Natural rock splits are visible along the trail as well. The various rock formations create great nooks and crannies for interesting hiking. Like many eastern forests, Westwoods has suffered great losses of hemlocks due to infestation of the hemlock wood adelgid. This tiny insect, native to Japan and China, kills hemlocks within the first few years of infestation. As a result, some of the trails may be closed because of the likely event of falling trees. Tree clearing efforts are ongoing—check the Westwoods website for updated trail status.

Hemlocks are magnificent trees that can live up to 800 years or more, growing to 80 feet tall, with trunks that average 2+ feet in diameter. They provide important forest habitat for birds and other wildlife. Hemlocks thrive in shaded forest environments where they help keep forests and streams moist and cool in the summer and moderate the cooler temperatures of the winter. The heavy shade of hemlock stands also limits understory growth.

Photo by the Westwoods Trail Committee



### Directions and Parking:

West Woods is easily accessed off I-95, Boston Post Road (Route 1) and Leete's Island Road (Route 146). Multiple parking areas are located off of Granite Road, Moose Hill Road, Peddlers's Road, Dunk Rock Road, and Sam Hill Road.

### Permitted Activities:

Trails for hiking and biking. Horseback riding is permitted on limited trails. No motorized vehicles are permitted. Hunting is permitted on State Land with permits. Trout fishing in some stream areas. Check the website for more detailed information.

### For more information about this location, contact:

Westwood Trail Committee  
www.westwoodstrails.org

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